

PRESCHOOL MEAL PATTERN - LUNCH

Minimum Quantities Required		
Food Components	Ages 1-2	Preschool
Milk (fluid): Served as a beverage	6 fluid ounces	6 fluid ounces
Meat/Meat Alternate: Quantities listed are the edible portion as served:		
Lean meat, poultry, or fish	1 ounce	1½ ounces
Alternate protein products ¹	1 ounce	1½ ounces
Cheese	1 ounce	1½ ounces
Large egg	1/2	3/4
Cooked dry beans or peas	1/4 cup	3/8 cup
Peanut butter or other nut or seed butters	2 tablespoons	3 tablespoons
Yogurt, plain or flavored, unsweetened or sweetened	4 ounces or 1/2 cup	6 ounces or 3/4 cup
The following may be used to meet no more than 50% of the requirement and must be used in combination with any of the above:		
Peanuts, soynuts, tree nuts, or seeds as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternate (1 ounce of nuts/seeds equals 1 ounce of cooked lean meat, poultry or fish).	1/2 ounce = 50%	3/4 ounce = 50%
Vegetable or Fruit: At least two different vegetables and/or fruits must be offered	1/2 cup	1/2 cup
Grains/Breads: Must be enriched or whole grain. A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or 1/2 cup of cooked rice, macaroni, noodles, other pasta products or cereal grains.	5 servings per week ² – minimum of 1/2 serving per day	8 servings per week ² – minimum of 1 serving per day

¹ Must meet the requirements in appendix A of 7 CFR 210.

² For the purposes of this table, a week equals five days.